Energy Balance

BPK 110

Name: **Date:**

Intake vs. Expenditure (3 marks)

	Average Intake	Average Expenditure	Intake as % of Expenditure	Assessment of Adequacy (A, I, or E)	Justification
Energy (kcal)					

Implications for Health & Suggestions for Improvement (10 marks)

Discuss the potential effects of your current energy intake and energy expenditure patterns on your present and future health (include health benefits and health risks/complications/diseases. Be specific and justify your response. (**3 marks**)

Describe 1 change you could make to your **energy intake** to improve your energy balance (e.g. what specific foods, including amounts of those foods, might you exchange in your diet). Calculate your new average energy intake. (**2 marks**)	Describe 1 change you could make to your **energy expenditure** to improve your energy balance (e.g. what specific activities might you add/remove). Calculate your new average energy expenditure. (**2 marks**)

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Table 3

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Calculate your new energy balance based on the above changes (energy intake as % of energy expenditure) (**1 mark**)	

Discuss the potential impacts these changes will have on your health. (**2 marks**)

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Sedentary Behaviour (7 marks)

Calculate the average time you spend in sedentary activities and your average awake time using the information recorded in your Activity Journal from Part 1 of the Diet Analysis. (**2 marks**)

	Sedentary Time	**Awake Time**
Day 1		
Day 2		
Day 3		
Average		

Calculate the percentage of awake time that you spend in sedentary activities based on the above values. (**1 mark**)

Discuss the potential effects of your current sedentary behaviour on your present and future health (include health benefits and health risks/complications/diseases). Be specific and justify your response. (**2 marks**)

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Describe 1 change you could make to your **sedentary behaviour** to improve your health (e.g. what specific activities might you add/remove). Discuss the potential impact of this change on your health. (**2 marks**)

Overall Reflection (16 marks)

Based on your overall personal nutrition and physical activity habits and what you have learned through this assignment, assign your overall diet a letter grade (e.g. B+). Consider the nutritional adequacy of your diet as well as variety of your food choices, when and how you eat, your relationship with food, and any other relevant behavioural patterns. Explain why you chose this letter grade, discussing the strengths and weaknesses of your personal nutrition and physical activity habits. Be detailed and use specific examples to support your argument.